



City of Rockingham Triathlon

2009 State Sprint Distance Triathlon Championship.

Race Report.

Sunday 20th December 2009

Bell Park, Rockingham

O'Neill Sprints to State Title.

It was more than just the temperature warming up at The City of Rockingham Triathlon. With State Championship medals up for grabs, racing in all categories was as hot as it gets.

The competition in the men's Open category was as good as we've seen for years at any Triathlon WA State Series event. Defending Champion Paul McKay was hot favourite having taken out the Bunbury Tri last month. Reigning Triathlete of the Year Sean O'Neill was looking to open this season's account with a strong showing and the regular podium placegetters Lajos Varga, and Brynt McSwain had shown enough to suggest they'd be at the right end of the field at the finish. Enter the new brigade Nener, Lewin and Main – the future, certain to be pushing the established "names" all the way to the tape.

James Lewin and Kenji Nener led the pack out of the water with all others all in tow. A group of 5 including O'Neill, Lewin, Nener, Varga and Main powered from transition on the bike. At the 7.5km mark O'Neill burst away to make what would turn out to be the race winning move. He held a lead of 30 seconds from the chasing pack off the bike and looked comfortable going into the 5km run.

Nener made a break from the chase bunch coming out of transition, by the 3km mark he had closed to gap on O'Neill to just 50 metres. He continued to surge forward, with 500 metres to go there was 5 metres separating the first two, O'Neill responded with a final sprint to the line taking out the title by a mere 2 seconds in 55:31. Lajos Varga came in third and in a sprint for fourth and fifth Brynt McSwain edged out James Lewin.

Felicity Sheedy-Ryan exited the water in the unfamiliar position of first place, clearly the extra focus on swimming is paying dividends, hopefully her swim form will transfer onto the world stage when steps

out with the sports Elite in ITU races in 2010. Sheedy Ryan who was recently crowned the ITU European Champion had it all her own way as she lead throughout the bike and run to finish in 59:29. In a race for second place, reigning Triathlete of the Year Katrina Mercer came home in 1:03:17 followed by Sandy Crowe 1:05:06. There were some encouraging signs in the female open field with some of the up and coming juniors filling the top 5 spots, Ashlee Bailee and Jenelle Crooks' performances suggested it won't be long before they'll be standing on the podium.

The Age Group Categories were as hotly contested as the Opens. Special mention to the following State Champions.

20- 24

Male Johan Borg 1:00:22

Female Katey Gibb 1:07:56

25-29

Male Jason Rhine 59:53

Female Lisa Delaurentis 1:05:01

30 – 34

Male Richard Yeo 1:00:21

Female Rachel Smith 1:07:21

35 – 39

Male Shaun Sleep 1:01:25

Female Jane Snowden 1:07:02

40 -44

Male Rod Marton 1:01:06

Female Sally Scaffidi 1:05:44

45 – 49

Male Rob McPherson 1:02:58

Female Jane Yovich 1:08:24

50 – 54

Male Alan Nichols 1:03:04

Female Robyn Scott 1:10:33

55 – 59

Male Gus Lawson 1:09:19

Female Sandra Tindale 1:23:56

60 – 64

Male Graham Crocker 1:07:47

Female Helen Anderson 1:43:17

65 – 69

Male Ron Richards 1:15:13

70+

Male Steve Barrie 1:32:48



2009 TWA State Sprint Champion – Sean O'Neill



2009 TWA State Sprint Champion – Felicity Sheedy-Ryan



60-64 2009 State Champ – Graham "Croc" Crocker



60-64 2009 Female State Champ – Helen Anderson



"The Smiths" 30 – 34 Kerrie Smith 2nd Rachel Smith 1st



40 – 44 1st Rod Marton 2nd Rob Suriano 3rd Arron Anderson